

December 14, 2018
APAAC Training Room
Phoenix, Arizona



ACES & THE JUVENILE OFFENDER

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ACEs and the Juvenile Offender

Marcia Stanton, MSW
December 14, 2018

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Today's Purpose



- ▶ Increase Your Understanding of Adverse Childhood Experiences and the Influence of Trauma in Juveniles

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The Birth Lottery



"The family into which a child is born plays a powerful role in determining lifetime opportunities...Some kids win the lottery at birth, far too many don't — and most people have a hard time catching up over the rest of their lives."

James Heckman
Nobel Laureate in Economics

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Scientific Advances



Are driving a paradigm shift in understanding how child development impacts human health and disease across the lifespan

4

Question

- Any “Challenging” Clients?
- Family Members?
- Court Staff?
- Other Counsel?

Keep Them in Mind . . .

5

The Adverse Childhood Experiences (ACE) Study



▶ “Probably the most important public health study you never heard of.”

▶ ACEs sometimes referred to as toxic stress or childhood trauma

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Your Awareness of ACE Study?



- No Knowledge of ACE Research
- Some Knowledge
- More Than Most
- Expert

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Two Categories of ACEs



1) Abuse or Neglect

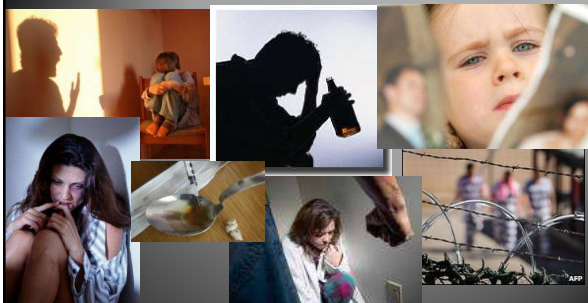
- Recurrent physical abuse
- Recurrent emotional abuse
- Sexual abuse
- Emotional or physical neglect

2) Household Dysfunction

- Alcohol or drug abuser
- Incarcerated household member
- Someone chronically depressed, suicidal, institutionalized or mentally ill
- Mother being treated violently
- One or no parents

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What Do ACEs Look Like?



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Many Other Types of Trauma

Research Examining:

- Bullying
- Homelessness
- Growing Up in Foster Care
- Extreme Illness or Injury
- Historical Trauma
- Community Violence



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Question

What do you think is the average ACE score for children in Arizona?

Their parents?

Youth involved in juvenile justice system?



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"Turning Gold into Lead"

Reverse Alchemy



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ACE Study Revealed:

- 1) ACEs are **common** - 64% adults have at least 1
- 2) ACEs don't occur alone
- 3) The more ACEs, the greater the risk
- 4) ACEs contribute to most major chronic health, mental health, economic health and social health issues

<http://acestoohigh.com/aces-101/>

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ACE Scores

- ▶ People have ACE score of 0 to 10
- ▶ Each type of trauma counts as one, no matter how many times it occurs
- ▶ Think of ACE score as cholesterol score for childhood trauma



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ACE Study Participants

- ▶ Mostly white, middle- and upper-middle class, college-educated with jobs, health care



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Physical, Mental & Behavioral Outcomes of ACEs

- ▶ Alcoholism & alcohol abuse
- ▶ Chronic obstructive pulmonary disease & ischemic heart disease
- ▶ Depression
- ▶ Fetal death
- ▶ High risk sexual activity
- ▶ Illicit drug use
- ▶ Intimate partner violence
- ▶ Liver disease
- ▶ Obesity
- ▶ Sexually transmitted disease
- ▶ Smoking
- ▶ Suicide attempts
- ▶ Unintended pregnancy

*** The higher the ACE Score, the greater the incidence of co-occurring conditions from this list.



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ACE Scores

- ▶ 1/3 of Adults have ACE Score of 0
- ▶ Majority of adults with ACE score of 0, have few, if any, risk factors for diseases that are common causes of death in US



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If Any **One** ACE is Present

- 87% chance *at least* one other ACE is present, and
- 50% chance of 3 others



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ACEs Have Cumulative Stressor Effect



It's the Number of **Different Categories**, Not Intensity or Frequency, that Determine Health Outcomes

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ACE Scores

- **4 or more** may result in **multiple risk factors** for chronic diseases or **disease** themselves
- **6 or more** may result in a **20 year decrease** in life expectancy



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ACE Score of 4

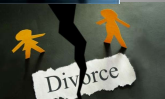
Compared with Zero ACEs:

- **Twice** as likely to be Smoker
- **12 times** more likely Attempt Suicide
- **Seven times** more likely Alcoholic
- **10 times** more likely Inject Street Drugs
- **240% greater** risk of Hepatitis
- **240% higher** risk STDs

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ACE Score of 4

- ▶ More likely to be Violent
- ▶ More Marriages
- ▶ More Depression
- ▶ More Auto-immune Diseases
- ▶ More Work Absences



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Out of 100 people...

33% Report No ACEs	51% Report 1-3 ACEs	16% Report 4-10 ACEs
<u>With 0 ACEs</u>	<u>With 3 ACEs</u>	<u>With 7+ ACEs</u>
1 in 16 smokes	1 in 9 smokes	1 in 6 smokes
1 in 69 are alcoholic	1 in 9 are alcoholic	1 in 6 are alcoholic
1 in 480 use IV drugs	1 in 43 use IV drugs	1 in 30 use IV drugs
1 in 14 has heart disease	1 in 7 has heart disease	1 in 6 has heart disease
1 in 96 attempts suicide	1 in 10 attempts suicide	1 in 5 attempts suicide

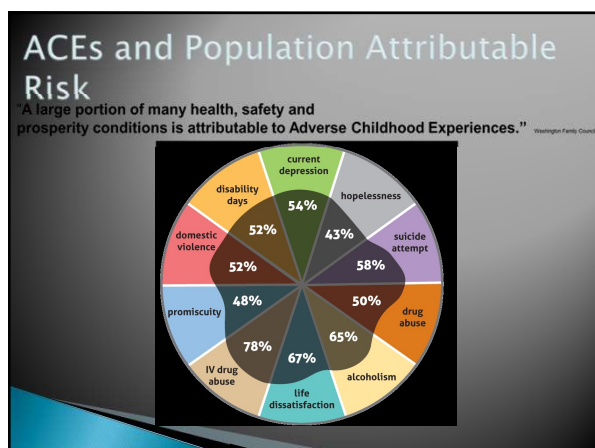
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It's Not **All** About High Risk Coping Measures

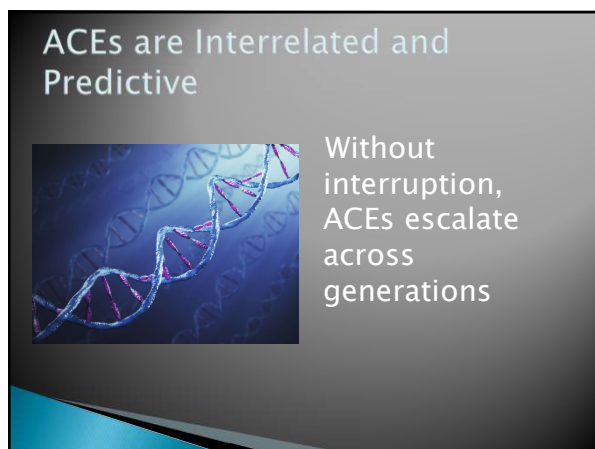
- ▶ Even if individuals with high ACE Scores **do not** adopt high risk behaviors, they are still **much more likely** to have negative health consequences



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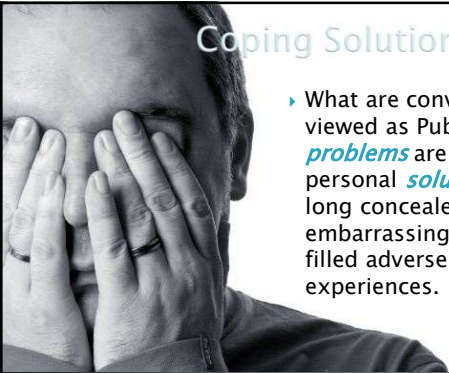
Science is Clear

- ▶ Toxic stress caused by ACEs can profoundly alter the otherwise healthy development of a child
- ▶ "Children's exposure to ACEs is the **greatest unaddressed public health threat** of our time."

Dr. Robert Block, former president, American Academy of Pediatrics

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Coping Solutions






- ▶ What are conventionally viewed as Public Health **problems** are often personal **solutions** to long concealed embarrassing, shame filled adverse childhood experiences.

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By Adolescence Children Seek Relief

- ▶ Drinking alcohol
- ▶ Smoking tobacco*
- ▶ Sexual promiscuity
- ▶ Using drugs*
- ▶ Overeating/eating disorders
- ▶ Delinquent behavior, violence
- ▶ High-risk sports, etc.






*Note: nicotine and methamphetamines are anti-depressants

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High Risk Teen Behaviors

- May not be core **problem**
- They may be **coping** devices
- A way to feel safe or feel better
- Dismissing as "bad habits" or "self destructive behavior" misses their functionality



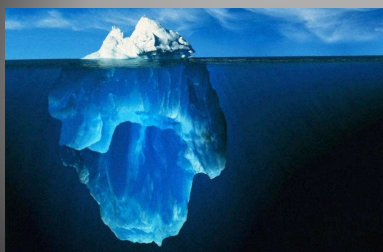
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What We See



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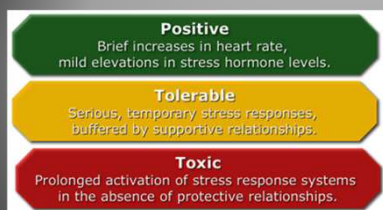
What We Often Fail to See



We need to ask
"What happened first?"

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Toxic Stress



- "Extreme, frequent or extended activation of the body's stress response, **without the buffering presence of a supportive adult.**"

Sara B. Johnson, et al., The science of early life toxic stress for pediatric practice and advocacy, 131 PEDIATRICS 319 (2013), available at <http://pediatrics.aappublications.org/content/131/2/319.full>

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Getting It Right the First Time

- ▶ Creating the right conditions in early childhood is **more effective** and **far less costly** than addressing a multitude of problems later on



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Consequences of Not Getting It Right



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Impact of Stress on Children


- ▶ Flight, fight or fright (freeze) response
- ▶ Short attention span
- ▶ Struggle to learn; fall behind in school
- ▶ Respond to world as constant danger
- ▶ Distrustful of adults
- ▶ Unable to develop healthy peer relationships
- ▶ Feel failure, despair



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ACEs in the Classroom

Greatest single predictor for health, attendance and behavior




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"Dropouts Cost AZ \$7.6 Billion"

The Arizona Republic, June 26, 2014


- ▶ AZ Dept. of Education: **22 percent** of Arizona 9th graders will **not** finish high school
- ▶ By 2018, more than **60 percent** of jobs in AZ require some post-secondary education



How Arizona's Dropout Crisis Affects Communities, Creates Economic Losses for the State of Arizona

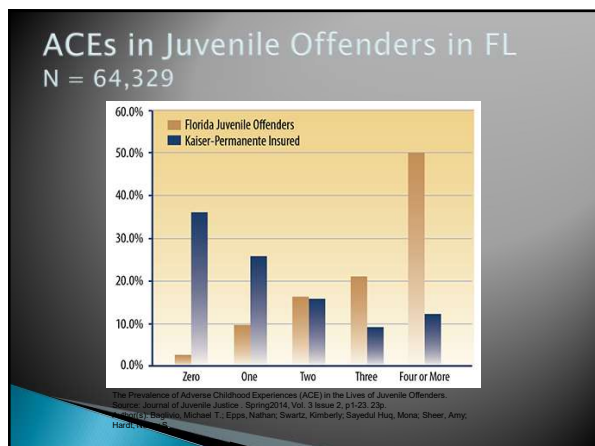
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ACEs are a Pipeline to Prison

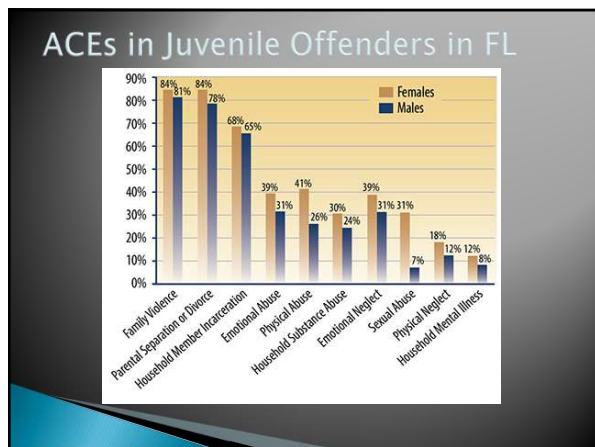


Childhood and Adult Trauma Experiences of Incarcerated Persons and Their Relationship to Adult Behavioral Health Problems and Treatment) Intl. Journal of Environ Res Public Health. 2012 May; 9(5):1908-1926; Published online 2012 May 13. [Healing Invisible Wounds: Why Investing in Trauma-Informed Care for Children Makes Sense.](#)

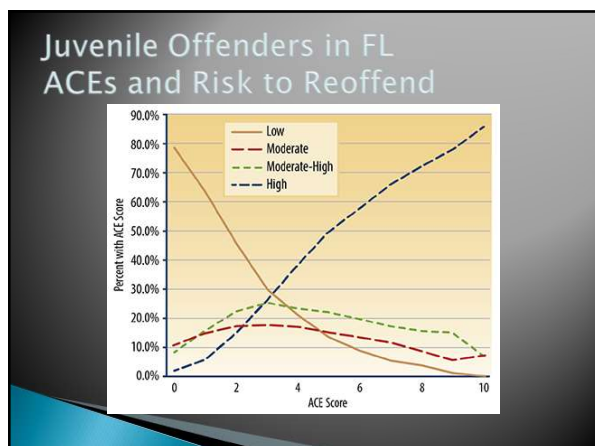
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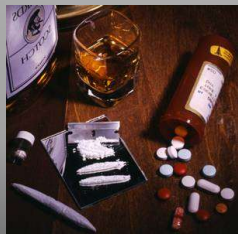
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ACEs and Addiction

Findings suggest:

- ▶ A **major** factor, if not the **main** factor, underlying addiction is **ACEs that have not healed and are concealed from awareness by shame, secrecy, and social taboo.**

"It's hard to get enough of something that almost works."
Vincent Felitti, MD



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ACEs in Foster Care

- ▶ More than **half** of kids reported for child maltreatment experienced **4 or more** ACEs by time of contact with child welfare
- ▶ More than **90%** referred to child welfare have experienced **multiple ACEs**



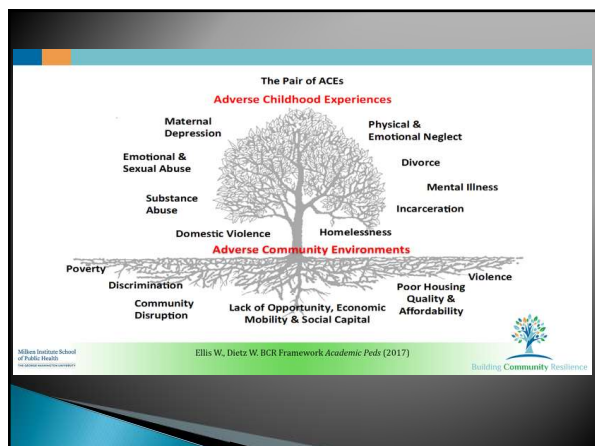
(Nat'l Survey Child and Adolescent Well-Being (NSCAW), No. 20: Adverse Child Experiences in NSCAW, 2013)

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- ▶ Children who have experienced **4 or more** ACEs are **three times** as likely to take **ADHD medication** when compared with children with **less than four ACEs** (Ruiz *"How Childhood Trauma Could Be Mistaken for ADHD"*, *The Atlantic*, 7 July 2014)

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CDC Study

<https://www.cdc.gov/prevention/childabuseandneglect/consequences.html>

- One year of confirmed cases of child maltreatment costs **\$124 billion** over the lifetime of the traumatized children (Calculations used on only confirmed cases of physical, sexual and verbal abuse and neglect)

Breakdown per child:

- \$32,648 in childhood health care costs
- \$10,530 in adult medical costs
- \$144,360 in productivity losses
- \$7,728 in child welfare costs
- \$6,747 in criminal justice costs
- \$7,999 in special education costs

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Economic Impact of Childhood Trauma

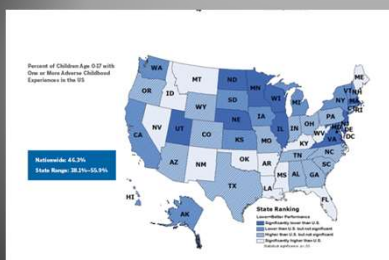
- Australia 2015 - Unresolved Childhood Trauma in Adults cost **\$9.1 billion** annually

<https://www.burkeandjohnson.com.au/2017/01/12/US-Media-Blog/123/ACEs-Reduce-a-Region's-Economic-Impact-of-91-Billion>

- US Population is 13 times larger
- \$120 Billion???**

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2016 Natl. Survey Children's Health



- Telephone survey; tracks parent report of children's ACEs
- Does **not** include child maltreatment or neglect

<http://childhealthdata.org/browse/survey/results?q=4783&r=1&r2=4>

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2016-2017 National Survey of Children's Health, age 0 - 17

<http://childhealthdata.org/browse/survey/results?q=5545&r=1&r2=4>

Two + ACEs:

• Arizona: **27.3%**

• Natl. Average: **20.5%**



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2016-2017 National Survey of Children's Health, age 12 - 17

Two or More ACEs:

• Arizona: **36.6%**

• Natl. Average: **27.7%**



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Arizona Children

- ▶ Ethnic minority children have disproportionately higher share of 6+ ACEs
- ▶ Estimated 69,213 have 5+ ACEs



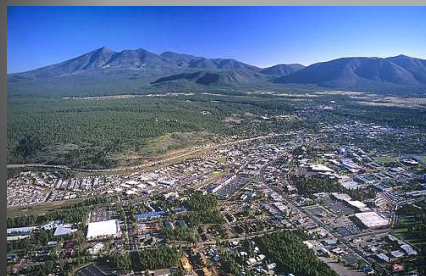
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AZ Kids with 5+ ACEs Would Fill State Farm Stadium



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Or, Equal Population of Flagstaff

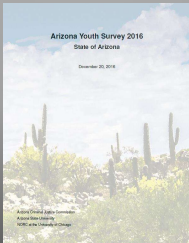


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2016 Arizona Youth Survey

http://www.azccj.gov/ACJC/Web/pubs/2016_Arizona_Youth_Survey_State_Report.pdf

- ▶ Over 57,000 Responses
- ▶ 8th, 10th, 12th Graders
- ▶ All Counties
- ▶ 249 Schools

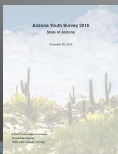


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2016 AZ Youth Survey

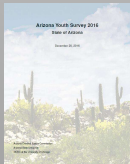
http://www.azccj.gov/ACJC/Web/pubs/2016_Arizona_Youth_Survey_State_Report.pdf

- Lived with Adults Insulted You – 53%
- Parents Separated or Divorced – 47%
- Lived with Alcoholic – 25%
- Lived with Someone Incarcerated – 23%
- Lived with Adults Who Fought – 23%
- Ever Lived with a Drug User – 17%



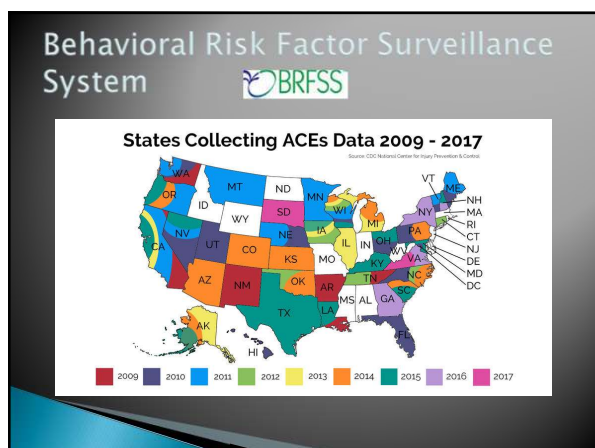
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2016 AZ Youth Survey

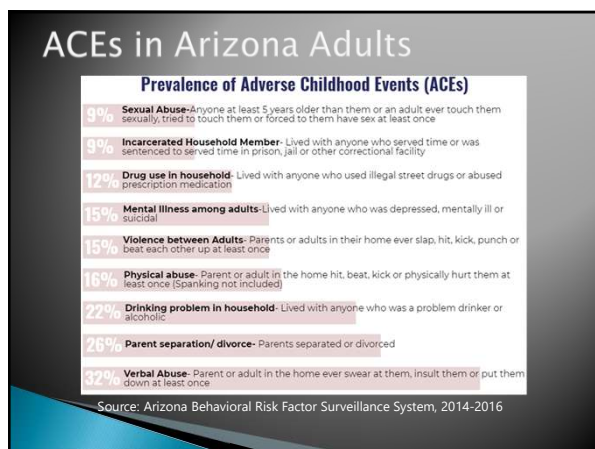


- Youth reporting abusing opioids to cope with stress and sadness:
 - Almost half (45.1%) had 4 or more ACEs
 - Over 83% experienced past emotional abuse
 - Nearly 2 out of 3 (64.1%) lived with someone who had a substance abuse problem
- Over 91% who abused opioids in the past 30 days had at least 1 ACE

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Trauma Informed Care

- ▶ Not "What's **wrong** with you?"; instead "What happened **to** you?"
- ▶ Symptoms are adaptations to trauma
- ▶ Shift from "The denial stops here." to "**The recovery starts here.**"



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Universal Precautions

Presume that every person in a treatment setting has been exposed to abuse, violence, neglect or other traumatic experiences.

"Kid gloves not latex gloves"

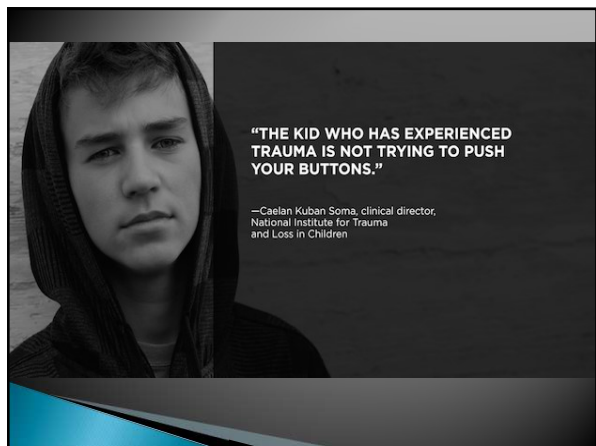
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Trauma Informed Court Systems

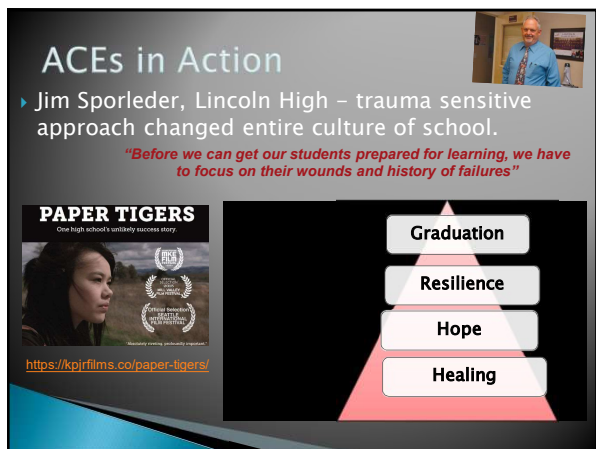
- Recognize and respond to varying impact of traumatic stress
- Infuse knowledge, awareness, and skills into organizational cultures, policies, and practices
- Act in collaboration, using the best available science, to facilitate and support resiliency and recovery

Hendricks, A., Conradi, L., & Wilson, C. (2011). Creating Trauma-Informed Child Welfare Systems Using a Community Assessment Process. Child Welfare, 90(6), 187-205.

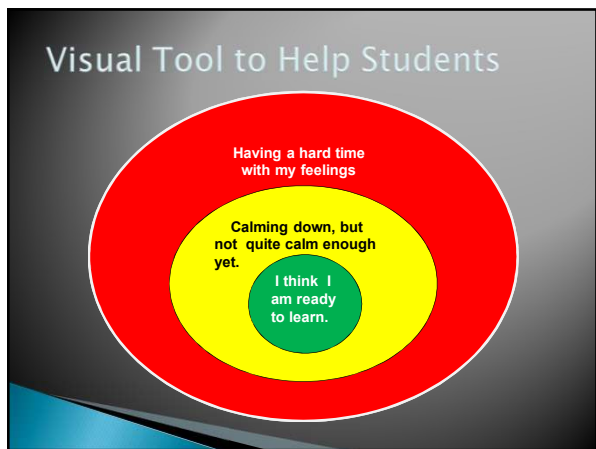
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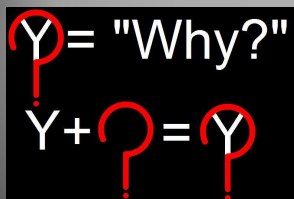
Trauma as a Disability?



- ▶ Federal Class Action Lawsuit – Peter. P. vs. Compton Unified School District
- ▶ Allege district failed to recognize and address trauma-induced disabilities and therefore denied legal right to equal education

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ACEs Don't Explain Everything



Many Individuals with High ACE Scores Do Not have Poor Health Outcomes.

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Resilience

- ▶ Ability to move through ups and downs in life
- ▶ Moderates effects of life challenges and provides hope and healing

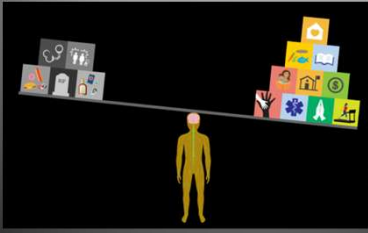


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Positive Influences

<https://developingchild.harvard.edu/science/key-concepts/resilience/>

- “Stack the scale” with positive weight
- Optimize resilience across multiple contexts



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6 Things with Demonstrated Impact on Epigenetic Regulation

<https://chronobioexchange.org/news-2/nadine-burke-harris-spreads-message-impact-child-health/>


- ▶ Healthy Relationships
- ▶ Sleep
- ▶ Exercise
- ▶ Nutrition
- ▶ Mindfulness
- ▶ Mental Health Interventions



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Positive Factors That Counterbalance Adversity

<https://developingchild.harvard.edu/science/key-concepts/resilience/>



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At Least 1 Stable, Caring and Supportive Relationship



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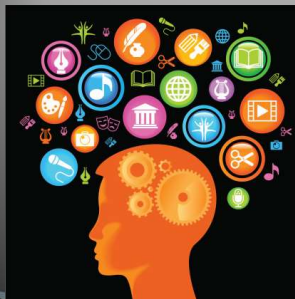
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Building Sense of Mastery over Their Life Circumstances and Perceived Control



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Strong Executive Function and Self-Regulation Skills



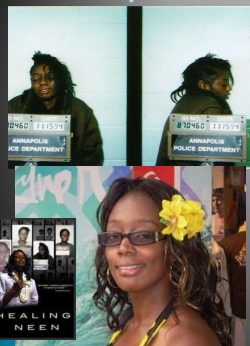
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Mobilizing Sources of Faith, Hope, and Cultural Traditions



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A Story of Resilience



- ▶ "Where there's breath there's hope." Tonier Cain
- ▶ For two decades Tonier endured physical and verbal abuse, homelessness, multiple rapes, beatings and was arrested 83 times.
- ▶ "Upward spiral" began with opportunity to participate in a community trauma, mental health and addictions program.

<http://healingneen.com/>

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Here's the Hope



- ▶ ACEs are Not Destiny
- ▶ Better Understanding of Mechanism Helps Us Develop Better Responses and Reduces Judgment
- ▶ Multiple Evidence-Based Approaches to Healing

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What's Happening in AZ

- ▶ ACE Consortium & Work Groups
- ▶ “Trauma Informed State”???
- ▶ Thriving City Initiative
- ▶ Integrated Healthcare
- ▶ Trauma Sensitive Schools



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AZ ACE Consortium

- Clinical Practice
- Executive Committee
- Arizona Trauma Informed Faith Community
- Creating Trauma Sensitive AZ Schools
- Communications
- Healing Historical Trauma
- Southern Arizona Trauma Informed Network
- Strong Communities Raise Strong Kids Training
- Thriving Cities
- Trauma Informed Disability Work Group
- Trauma Informed Courts



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What's New with ACEs

• Federal & State Legislation

<http://www.acesconnection.com/q/state-aces-action-group/blog/snapshot-of-u-s-state-laws-and-resolutions-1>

• National Agenda:

http://www.cahmi.org/wp-content/uploads/2017/10/aces_agenda.pdf

• Trauma Informed Cities:

<https://store.samhsa.gov/product/Spotlight-Building-Resilient-and-Trauma-Informed-Communities-Introduction/SMA17-5014>



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How Childhood Stress Affects Health Across the Lifetime

► <https://www.hrt.com/talks/n-trauma-affects-health-across-a-lifetime>



Dr. Nadine Burke Harris
CEO, Center for Youth Wellness

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"This story has had more impact on me than practically anything I've ever done." – Oprah Winfrey

<https://www.cbsnews.com/news/oprah-winfrey-treating-childhood-trauma/>



60 MINUTES: TREATING CHILD TRAUMA



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ACEs Connection Network

<http://www.acesconnection.com/>

► ACEs in Juvenile Justice:

<https://www.acesconnection.com/g/ace-juvenile-justice>

► ACEs in Criminal Justice System:

<https://www.acesconnection.com/g/aces-in-criminal-justice>



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AZ ACE Data

2016 - 2017 National Survey of Children's Health:

<http://childhealthdata.org/browse/survey/results?q=5545&r=1&r2=4>

2016 Arizona Youth Survey:

http://www.azcic.gov/sites/default/files/pubs/AYSReports/2016/2016_Arizona_Youth_Survey_State_Report.pdf

2014 Behavioral Risk Factor Survey:

<http://www.azdhs.gov/documents/prevention/women-childrens-health/behavioral-risk-factor-sheets/issue-briefs/ACEs-report-2014.pdf>

2018 Health of Women and Children Report:

<https://www.americashealthrankings.org/explore/2018-health-of-women-and-children-report/measure/ACEs/state/AZ>

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ACEs Often Last a Lifetime . . . But They Don't Have To

- ▶ Healing can occur
- ▶ The cycle can be broken
- ▶ Safe, stable, nurturing relationships heal



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In Summary

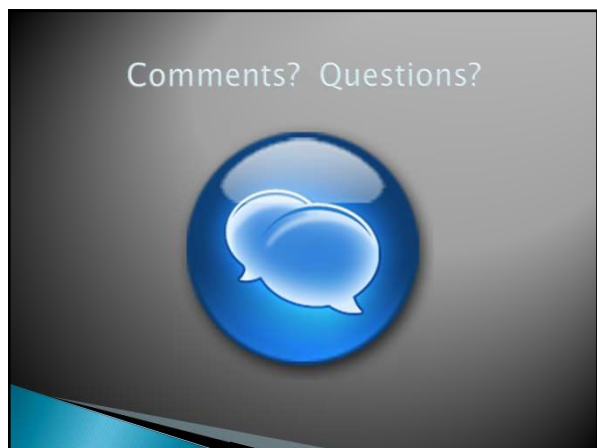
"In my end is my beginning."

~ T.S. Eliot, Four Quartets

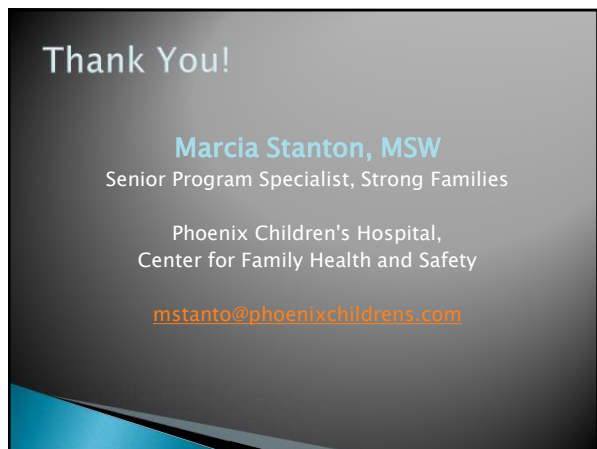
"It is easier to build strong children than
to repair broken men"

~ Frederick Douglass (1817-1895)

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